I live in California and work in Los Angeles. I travel the 405 (San Diego Freeway) everyday. I travel 35 miles on the 405 in one direction each day. It has now become a habit with me, that as soon as I get into my car, I immediately turn to XM222 the Instant Traffic and Weather station for Los Angeles to see what to expect in my commute to work.

If it had not been for this radio station on some days, I do not know when I would have made it to work.

I definitely need it, and I rely on it.